

Harvest of the Month

JANUARY | CARROT

HEALTH BENEFITS

- VITAMIN A
- VITAMIN K
- VITAMIN B
- ANTIOXIDANTS



HEALTHY SERVING IDEAS

There is no nutritional difference between baby carrots and regular carrots. Baby carrots are an easy grab and go snack. Try dipping them in hummus or peanut butter!

Carrots get sweeter when cooked. Try them roasted - drizzle with olive oil, salt and pepper and place in a 375* oven for 35-40 minutes.

Chop carrots and add to soups and stews or add shredded carrots to salads and wraps for a veggie boost.

Spiralize carrots to make noodles. Mix in with your favorite traditional pasta noodles or enjoy on their own with your favorite pasta sauce.

SHOPPING & STORAGE TIPS

Look for carrots in different colors for a fun burst of color. They come in yellow, white, orange, red, and purple!

Pick a bunch of carrots that are firm, not wilted, soft or cracked. If the tops are attached, the leaves should be bright green and fresh.

Cut off the tops before storing. Refrigerate unwashed carrots in a plastic bag in the veggie crisper drawer for up to 2 weeks.

Before using carrots, trim both ends, peel with a vegetable peeler and rinse with water. If you want to leave the peels on, simply rinse and scrub gently with a vegetable brush to remove any surface dirt.

LIVE WELL

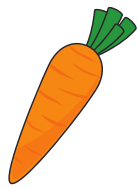
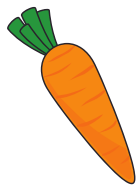


WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL



INGREDIENTS

Nonstick cooking spray
1 1/4 cups all-purpose flour (spooned and leveled)
1/2 cup packed dark-brown sugar
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon ground nutmeg
1/2 teaspoon coarse salt
1 cup old-fashioned rolled oats
1/2 cup raisins
3 tablespoons extra-virgin olive oil
1 large egg
1/3 cup skim milk
4 medium carrots, shredded
1 medium ripe banana, mashed

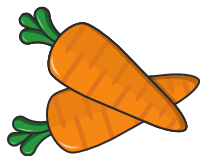


MORNING GLORY MUFFINS

1. Preheat oven to 400 degrees. Coat a 12-cup muffin pan with cooking spray. In a large bowl, whisk together flour, brown sugar, baking soda, baking powder, nutmeg, and salt until there are no lumps. Stir in oats and raisins. Add oil, egg, milk, carrots, and banana and stir until blended.

2. Fill each muffin cup with 1/4 cup batter. Bake until a toothpick inserted in center of a muffin comes out clean, 23 to 25 minutes. Serve muffins warm or at room temperature.

FOR MORE INFORMATION VISIT
WAUKESHACOUNTY.GOV/LIVEWELL



INGREDIENTS

2 pounds carrots (pick the fattest carrots you can find)
1/4 cup olive oil, or melted coconut oil
1 tablespoon sea salt
1 teaspoon ground cumin
1 teaspoon ground cinnamon



BAKED CARROT CHIPS

1. Preheat the oven to 425 degrees F. Line several large baking sheets with parchment paper and set aside.

2. Trim the carrot tops off. Starting on the thick end slice the carrots paper-thin on the bias to create elongated slices. You can do this with a chef's knife, but it's better to use a mandolin slicer on the smallest setting. When you get down to the thin end, stop and save them to use in soup or salad.

3. Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon. Toss well to thoroughly coat. Then lay the slices in a single layer on the baking sheets.

4. Bake for 12-15 minutes, until the edges start to curl up and turn crisp. Then flip all the chips over and bake another 5-8 minutes to crisp the bottoms. Once cool, store in an airtight container for up to 2 weeks.